



# THE FASTING PODCAST: EPISODE 9 – WHY PROTEIN & HOW MUCH?

## EPISODE 9: WHY PROTEIN & HOW MUCH? The Fasting Podcast; Wellness & Optimal Weight (WOW)!



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### Protein is Vital in the Body

#### 9 ROLES OF PROTEIN

- ✓ Protein is used for growth and maintenance of tissues
- ✓ Enzymes comprised of protein cause biochemical reactions
- ✓ Hormones comprised of protein act as chemical messengers
- ✓ Neurotransmitters for brain function are also comprised of protein
- ✓ Hair, skin, nails, bones are made of protein providing structure in the body
- ✓ Protein helps to maintain proper pH in the body
- ✓ Proteins regulate body processes to maintain fluid balance
- ✓ Proteins help form immunoglobulins, or antibodies, to fight infection
- ✓ Transport proteins carry substances throughout your bloodstream — into cells, out of cells or within cells
- ✓ Proteins can supply your body with energy – not desirable though



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### How Much Protein is Needed in a Day per WebMD?



- Babies need about 10 grams a day
- School-age kids need 19-34 grams a day
- Teenage boys need up to 52 grams a day
- Teenage girls need 46 grams a day
- Adult men need about 56 grams a day
- Adult women need about 46 grams a day (71 grams, if pregnant/nursing)

*“Protein Diet” vendors often promote half one’s target body weight in grams/day (e.g. 180 pound person = 90 grams)*

*Academy of Nutrition & Dietetics: 0.35g/lb (e.g. 180 pounds = 63 grams)*

*Expert on “fasting mimicking”: 0.31 – 0.37g/lb (e.g. 180 pounds = 61 grams), + 30-35g/workout, elderly + 10-20% more*



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### Fasting Considerations



- ✓ After consumed food and glycogen stores are depleted, the body can burn simultaneously protein/muscle (gluconeogenesis) and fat (lipogenesis)
- ✓ If we consume enough protein to preserve muscle, the focus can be fat
- ✓ When fat adapted / into fat burning, body may spare muscle in lieu of fat
- ✓ During time-restricted eating or intermittent fasting, preserve muscle so consider WebMD guidelines or other expert opinions discussed earlier



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### How Much Protein During Extended Water Fasting?

- ✓ During extended water fast where autophagy is desired, consider maximum of 15 grams per day to avoid shutting down autophagy
- ✓ Extended water fast can increase youthful HGH that can help the body to preserve muscle mass
- ✓ Extended water fast can increase stem cell activation, which can continue 5 extra days after the fast is over, allowing stem cells to become whatever the body needs them to be for repair/rebuild
- ✓ Autophagy targets old inferior muscle cells, allowing later rebuilding of new healthy muscle after the fast





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## Metrics Will Tell You How You Personally are Doing



- ✓ Body composition scales are affordable (see [www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com) for links that include muscle %)
- ✓ Determine if your muscle % is mid-normal range or higher (while fat is mid-normal or lower and visceral fat normal as low as possible)
- ✓ As you move forward, check bi-weekly to monitor percentages
- ✓ For more accurate measure, BIA (bio-impedance analysis) doctor devices w/electrodes connected to wrists/ankles tell actual amounts
- ✓ Heartburn or muscle atrophy people – focus on next episode
- ✓ Use the SAME body composition scale for consistent trends
- ✓ If applicable, measure how protein isolate affects your blood sugar
- ✓ If desire is ketosis fat burning, measure impact of protein choices

Skeletal Muscle % Chart				
Gender	Age	-(Low)	0 (Normal)	+(High) ++ (Very High)
FEMALE	18 - 39	< 24.3	24.3 - 30.3	34.0 - 35.3 >= 35.4
	40 - 59	< 24.1	24.1 - 30.1	30.2 - 35.1 >= 35.2
	60 - 80	< 23.9	23.9 - 29.9	30.0 - 34.9 >= 35.0
MALE	18 - 39	< 33.3	33.3 - 39.3	39.4 - 44.0 >= 44.1
	40 - 59	< 33.1	33.1 - 39.1	39.2 - 43.8 >= 43.9
	60 - 80	< 32.9	32.9 - 38.9	39.0 - 43.6 >= 43.7



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# NEXT EPISODE 10: ANIMAL VS PLANT PROTEIN

The **Fasting** Podcast; **W**ellness & **O**ptimal **W**eight (**WOW**)!



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## POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

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Stay Positive, Focused, & Determined Because  
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

